



MRC

Volunteers Building Strong, Healthy, and Prepared Communities

Promote Disease Prevention

Chronic Disease is:

- ★ A condition that can be treated but not necessarily cured, such as heart disease, cancer, and diabetes.
- ★ The leading cause of death and disability in the United States.
- ★ Among the most common and costly health problems.
- ★ Among the most preventable by adopting healthy behaviors—being physically active and avoiding tobacco use can prevent or control the devastating effects of these diseases.

Chronic Diseases are Found:

- ★ Among people with the most important modifiable risk factors such as unhealthy diet and excessive energy intake, physical inactivity, and tobacco use
- ★ Among the poorest people as they are most at risk of developing chronic diseases and dying prematurely from them. Poor people are more vulnerable with greater exposure to risks and decreased access to health services.

Impacts of Chronic Disease:

- ★ Individual / household income and savings and competes with investment activities
- ★ Life expectancy and ultimately economic productivity are threatened. Chronic disease depletes the quality and quantity of countries' labor force, and lowers the national output in national income.
- ★ Intergenerational skills and wealth transfer. Schooling of children is affected. Chronic disease may begin to propagate the spiral of ill health and poverty.

MRC Units Can:

- ★ Take action through its diverse membership
- ★ Provide leadership/support to local initiatives through an ambassador role
- ★ Develop guidance materials with emphasis on collaboration with existing local groups
- ★ Expand its marketing efforts to include educational public health information

Contact

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